

# 75 Ways to Show Kindness to Others

Being kind to others goes a long way, and being kind seems so simply and easy to do. This checklist is full of ideas on how to show kindness. Feel free to do some of these on your own or together as a family.



- 1 Send a card to someone you haven't seen in a long time
- 2 Instead of texting someone, make a phone call
- 3 Bake cookies for your neighbors
- 4 Treat someone to their favorite coffee
- 5 Tell someone how much you love and appreciate them
- 6 Offer your help to someone
- 7 Donate canned goods to a shelter
- 8 Listen to someone who needs support and show them empathy
- 9 Send someone a care package
- 10 Surprise a loved one with a special meal
- 11 Buy someone an unexpected gift
- 12 Invite a friend over for a drink
- 13 Leave out snacks or drinks for delivery people
- 14 Offer to babysit for a new mom and dad for free
- 15 Pay it forward with a coffee at a coffee shop
- 16 Donate toys to the children's hospital
- 17 Smile to a stranger
- 18 Write a love note and leave it somewhere they will find it
- 19 Make your loved-one breakfast in bed
- 20 Share vegetables from your garden
- 21 Order or make dinner for new parents
- 22 Lend out your books to friends
- 23 Help someone who is lost
- 24 Host a dinner party for friends
- 25 Wear a gift someone got you in their presence
- 26 Be friendly to people in the service industry
- 27 Leave an extra tip to someone who helped you
- 28 Offer to get groceries for someone who can't do it themselves
- 29 Help someone when they are sick
- 30 Hold the door open for someone
- 31 Ask someone how their day was
- 32 Donate your clothing and coats to a shelter

- 33 Pay for someone's expired meter
- 35 Give someone a compliment
- 37 Volunteer at a soup kitchen or homeless shelter
- 39 Bring in coffee or treats for your co-workers
- 41 Give your leftovers to a homeless person
- 43 Offer to pet sit for a friend
- 45 Send flowers to your mom
- 47 Treat your friend to dinner, a movie, or even a yoga class
- 49 Compliment someone on social media
- 51 Ask the handyman if they would like something to drink
- 53 Send someone a thinking of you text
- 55 Look at a loved one's Amazon 'Wish List' and surprise them by buying them an item
- 58 Give someone a hug
- 60 Have an open mind and keep judgements to yourself
- 62 Spend time off social media and have conversations in your own house
- 65 Really listen when people speak
- 67 Do the dishes when you go to a friend's house for dinner
- 69 Celebrate other people's success
- 71 Be a mentor to someone
- 73 Donate to a local charity
- 75 Invite someone who is alone over for dinner or include them during the holidays
- 34 Let someone who has less groceries than you go ahead in line
- 36 Leave reviews for your favorite restaurants
- 38 Buy food for a co-worker who has to work through lunch or work late
- 40 Offer your seat to someone on the bus or train
- 42 Use please and thank you when speaking to others
- 44 Take care of a neighbors plants and mail while they are out of town
- 46 Stop to let a pedestrian cross the street
- 48 Bring in a treat for a co-workers birthday
- 50 Offer to pick someone up when it's raining
- 52 Help promote your friend's new business
- 54 Write an appreciation note to your child's teacher
- 56 Offer to wash your neighbors car or mow their lawn
- 57 Plan something spontaneous for your spouse
- 59 Tell someone you love them with meaning
- 61 Don't engage in gossip
- 63 Assume people are generally kind
- 64 Offer someone a ride to the airport or offer to pick them up
- 66 Shovel your neighbors sidewalks
- 68 Practice patient with people
- 70 Don't hold grudges
- 72 Be honest with others and keep your word
- 74 Bring a small hostess gift when you are invited over for dinner or to a party

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